

Ibogaine for Sex & Porn Addiction

SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a wonderful way to get back in touch with yourself

- **IRM**

FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

“One day you will tell the story of how you overcame what you did, and it will be somebody else’s survival guide.”

~ Brené Brown

Although sexual content is everywhere, not everyone can simply take it or leave it. For some people, porn and compulsive sexual behaviour become a private ritual that starts to feel compulsory, even when it brings regret.

The outside life carries on, the inside life becomes narrower, quietly exhausting.

This pattern often sits on top of something else. Stress, loneliness, unresolved grief, old trauma, performance pressure, fear of intimacy. The behaviour becomes a quick switch for relief, stimulation, or numbness, then the brain learns to chase it. Tolerance can build. The urge can feel louder. Relationships and self respect can take the hit.

Ibogaine supports a different starting point, with its ability to disrupt entrenched reward loops and open a window of psychological clarity, where the underlying drivers become easier to see and work with.

For many, that shift matters as much as the interruption itself.

At Tabula Rasa Retreat, we keep the process contained and supported. We screen carefully, guide you through each stage, and focus heavily on integration and aftercare, so insight becomes new behaviour, not just a moment.

